

**Bridge to Wellness  
Meeting Minutes  
July 14, 2015**

**Members Present:** Safety- Amber Haglund- Pagel; Library- Maureen Maloney; Police – Tom Stolee; DECC- Annette Nemec; Public Works – Mark Proulx; Duluth Airport Authority – Kathy Carver

**1. Approval of Minutes**

Motion: Kathy Carver  
Seconded: Amber Haglund-Pagel  
Motion passed: Approved

**2. Summer Challenge Check in -**

- a) We have over 130 participants in the Summer Challenge (Exercise based challenge, tracked through Daily Endorphin).
- b) Angel is lining up different classes at various sites:
  - i. Boot Camp, Thurs., July 16<sup>th</sup> at noon at City Hall – open to all
  - ii. Pilates, Mon, July 27<sup>th</sup> at 12:30pm at City Hall – open to all
  - iii. Boot Camp at Public Works July 28<sup>th</sup>
  - iv. Living the Healthy Lifestyle Lunch and Learn Session, August 5<sup>th</sup> at noon at City Hall – open to all
  - v. Yoga at Police Dept. Aug 17<sup>th</sup>
  - vi. Final Celebration for **all** employees (and families) will be a picnic on August 20<sup>th</sup> at Lester Park – this is both a Summer Challenge wrap-up and employee recognition. There will also be a Golf Scramble in conjunction at Lester Park Golf Course, starting at 3pm.

**3. Health Fair Planning**

- a) Discussed the beginning planning phases of the Health Fair. It will be held on November 5<sup>th</sup>, starting tentatively at 8am and running until 3pm. It was suggested to make clear to vendors that they need to stay until 3pm.
- b) Maureen Maloney, from library, tentatively volunteered for the Subcommittee for the health fair. Angel is looking for a few others to help as well.
- c) A theme was not decided, Angel will ask for ideas via email and will also send out a list of previous vendors and topics presented on. Maureen and Tom suggested possibly focusing on a certain aspect of health for the health fair, such as, BMI – knowing and understanding your numbers and how to make changes.
- d) Other suggestions included: have dieticians located close to food booths so that they can offer fair participants guidance; have the sub-committee meetings held at the DECC for planning purposes; more fitness center representation; remind employees that they get to attend health fair on work time; try to work with fire to have shifts covered.

**4. Mini Relay for Life Event**

- a) Was cancelled due to low registration. We will focus on hosting in May in conjunction with the “Delta Day of Hope”.

**5. Essentia Tobacco Cessation Program**

- a) Essentia has a tobacco cessation program that is completely free to participants, which offers one-on-one coaching and developing strategies to quit tobacco use. They are interested in possibly hosting sessions at work-sites and would like to present at our various worksites (including DAA, HRA, Public Works, City Hall, etc). They are looking to present in September. Angel will be in touch with the sites to connect and set up presentations for employees.

**6. Wellness Days**

- a) We had 10 people attend the Stand Up Paddle Board demo – it was a great time!
- b) Summer Challenge Celebration and employee recognition will be held at Lester Park on August 20<sup>th</sup>, starting at 5pm. The picnic is designed to be a chance for employees to come together with their families if they choose. Food will be provided.

**7. Next meeting is August 11<sup>th</sup>, 2015 at 2pm at City Hall.**